

DUNCOMBE Mayor.

*Martis, iii. die Maij, 1709. Annoq; R. Reginae
Annae, Magnae Britanniae, &c. Octavo.*

THis Court doth desire Mr. Gower to print
his Sermon preach'd at the Cathedral
Church of St. Paul, on Sunday last.

GIBSON.

*The Necessity of Self-Reflexion, in order
to a Holy Life.* N^o 14

A
S E R M O N

Preach'd before the
Court of *Aldermen, &c.*

A T T H E
Cathedral Church of St. *P A U L*,
On *Sunday, May 1. 1709.*

By *NATH. GOWER*, M. A. Vicar of
Battersea in Surrey.

L O N D O N:
Printed by G. J. for *JONAH BOWYER*, at the
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PSALM cxix. 59, 60.

*I thought on my Ways, and turned my Feet
unto thy Testimonies.*

*I made haste, and delay'd not, to keep thy
Commandments.*

DI D not a strange and unaccountable Security overspread the Minds of Men, and were they not generally of a very careless and unthinking Temper, they could have but very little Enjoyment of themselves in the midst of a sinful and irreligious Course of Life. For, to take Pleasure in such a State, what is it but to sport upon the Brink of Ruin, even of Everlasting Ruin and Destruction? which is a thing so utterly irreconcilable to all sober and rational Thought, That 'tis next to impossible for any one that is under the Influence of such Thoughts, to be guilty of it. And hence it is, that even wicked Men themselves, knowing how unable they are to bear the Weight of their own Reflexions, find themselves under a Necessity, some way or other, to smother that Reason, and keep all serious Consideration far from their Minds, before they can follow their sinful In-

clinations with any tolerable Quiet and Ease: And if at any time, in spite of all their Endeavours, their Consciences do return upon them, (as some such Times, I believe, there are with the *most*, if not *all* Sinners) they are forced to have recourse to Company, Diversions, Wine, any thing, to stifle their Convictions and Remorses, that so forgetting their Fears, they may go on securely to fill up the Measure of their Iniquities.

Thus are too too many Men industriously busy'd in deceiving and undoing themselves, and that in their greatest and highest Interest; and (as if they set themselves to practise the Reverse of the Apostle's Advice) seem *really* to give all Diligence to make their Reprobation and Damnation sure.

But now, when a Sinner is once arriv'd at this Pitch, what less than a Miracle can convert and reclaim him? For, as for the Threats and Curses of the Law, or the Mercies and Promises of the Gospel, (the ordinary Means of Mens Conversion and Repentance) how can they at all affect a Wretch, whose Hope and Fear are only conversant about earthly and temporal Things; and on whom, consequently, no spiritual Considerations, whether terrible or alluring, can have any manner of Influence or Effect, so as either to affright or endear him to his Duty? Surely such a one is in great Danger,

from long *abusing* the *Mercies* of God, and *violating* his *Laws*, to proceed, at last, to *dispute* his very *Being*; and from *wishing* there *was*, to come to *persuade* himself there *is*, no Hell. A deep Lethargy has seiz'd his Soul, so that he slides down the Stream of sinful Enjoyments, towards the bottomless Gulph of everlasting Misery, insensible and unconcern'd; and without a very extraordinary Share of the Grace of God (which such a one surely has, of all Men living, the least reason to expect) never awakes, but to see himself swallowed by it irrecoverably.

Now, that this is the sad and deplorable Case of *some* Sinners, and that *so many others* make such unhappy Advances towards it, and, in general, that Vice and Irreligion do so much prevail and spread in the World; to what must it be chiefly ascrib'd, but to that (almost) universal Neglect of serious Consideration, which is so visible amongst Men? Certainly, did Men but think more, they must sin less; *Would they commune with their own Hearts in their Chambers, and be still*; Would they, sometimes, retire from, and suspend their Cares of, this World, and exert the natural Reasoning of a calm and sedate Mind, in just Reflexions upon what is past, and a serious Concern for what is to come; I doubt not but, with the Blessing of God, they might quickly come to say, with holy *David*, in my

Text, *I thought on my Ways, and turned my Feet unto thy Testimonies. I made haste, and delay'd not, to keep thy Commandments.*

In which Words, we have the Royal Psalmist giving us an Account, how he had been making a diligent Search into his new spiritual State and Condition, and bringing it under an impartial Tryal ; that he had enter'd into Judgment with himself ; had consider'd his Ways, and ponder'd his Goings, and endeavour'd to find out what was amiss in the Temper of his Soul and Course of his Life ; that he had call'd to remembrance his Actions past, and weigh'd the present Biass of his Mind ; All which may be justly suppos'd to be intended by these Words, *I thought on my Ways.* And then,

2. No sooner find we him thus exercis'd in this great Duty of Self-Examination, but we presently hear the happy Effect of it, *viz.* a fix'd Purpose and Resolution of amending whatsoever he had found to want it, by the Rule of God's Commandments ; *I turned my Feet unto thy Testimonies.*

3. Neither did he act herein like those who barely own the Necessity of Repentance to Salvation ; and that a Man must, indeed, some time or other before his Death, be sorry for his Sins, and implore God's Mercy upon his Soul, and yet defer even this, till Sicknes, Affliction, or Old Age come upon them ; *But* he instantly

turns, does not allow himself to live one day longer in a known State of Sin. *I made haste, and delay'd not, to keep thy Commandments.*

And thus does this pious and good King, in these Words, set before us, in his own Example, an excellent Pattern for our Imitation ; To enforce which, with all the Plainness I can, upon all that now hear me, shall be my Endeavour in the following Discourse ; and this, I think, may conveniently be done, under these Two general Heads, *viz.* by shewing,

I. That Self-Examination, or bringing our own Ways to a serious, faithful and impartial Tryal, is a necessary Duty, incumbent upon every Man. *I thought upon my Ways.*

II. That upon such Tryal and Examination, duly made, into the State of our Hearts and Lives, both past and present, it is every ones farther indispensable Duty, to amend whatsoever is found to be amiss ; and that speedily, and without delay. *I turn'd my Feet unto thy Testimonies. I made haste, and delay'd not, to keep thy Commandments.* And,

First, Self-Examination is a Duty incumbent upon every Man. It is thro' the Want of this, that the World lies so much in Sin : For, if Men consider'd, would they suffer themselves to be deceiv'd with the vain Appearances of Things, that are not what they seem to be even at present, and will quickly come short of what they now are ? Would Men lightly omit those Opportunities of doing themselves the greatest Good, which the present Time affords ; and which, if once flipt, may never be repeated ? No ! All this is the sad Effect of a careless Security. For, that we are all mortal, and must die, is, without doubt, as universally believ'd, as it is true ; We have all seen the greatest Beauty, Parts, and Strength, yield to the Stroke of Death ; but the better and immaterial Part of us can never die ; our Souls can suffer no Corruption or Decay, but will exist for ever. Now, did Men but duly consider, and lay together, these Two important Truths ; That our Bodies must *shortly*, and our Souls *never*, die ; methinks, it needs no great Time to determine, which Part most-ly deserves our Care, and our greatest Concern to provide for ; whether that which must
quickly

quickly perish, or that which will live and act for ever. I am sure, we could soon resolve the like Doubt (if like Doubt there could be) in any temporal and worldly Case; I wish we were as wise in our spiritual and eternal Concerns! And why we are not so, one great Reason is, the want of due Consideration and Thought about the State of the Soul: The World, to be sure, will be first and last, tho' God be not at all, in our Thoughts.

If our Bodies or Estates are in Danger, we presently seek for Help; But our Souls may be twice dead in Trespases and Sins; and yet we remain as insensible the while, as if we were not concern'd; and as secure, as if we were not in Danger.

How many of us, for want of Consideration, carelessly let slip whole Months and Years, without ever seriously returning upon ourselves, and charging our own Consciences, with what Honour we have done to God and Religion; what Good to our Neighbours; what Advances and Progress we have made towards Heaven? Being older, are we the better? Being nearer the Grave, are we the

more fit to die? Does *this* World grow the less in our Sight and Esteem, as we advance farther towards *another*? I wish it did; but alas! we too often see, that they who *live longest* in this World, *love it best*. Therefore ought we always to watch, with great Caution, over our own Hearts and Affections, lest, at any time, they should be too far drawn off by Things temporal and seen, from those Things that are unseen and eternal. Yea, we ought, with this holy *Psalmist*, frequently to enter into the secret Retirements of our own Souls, and diligently prove and try our State; and that, particularly, for these Reasons.

I. Because the natural Bent and Disposition of our Hearts is sinful, and Temptations are always present with us, therefore it is necessary, that we should often consider and think upon our Ways. There is no Man but knows how hard a thing it is, to draw off his Thoughts from the Pursuit of the Things of this World, and to raise them up to spiritual and heavenly Objects; neither is there less Difficulty in keeping them there. How soon are we weary of the Service of God? Our Thoughts here soon drag heavily; the Sab-

Sabbath, with its holy and spiritual Exercises, seems long and tedious, and Men are apt to say, with those in the Prophet, in a like Case, *Behold what a Weariness it is!* Mal. i. 31. Our Heart in religious Duties is like a heavy Body detain'd from its Center; it hangs and inclines to the World, and Worldly Business, and Delights.

S. Bernard was well acquainted with Mans Heart, when he said, that an holy and pious Frame of Mind was *rara bora, brevis mora*; that it is seldom attain'd, and soon lost. How vigilant and watchful, then, ought we all to be, when every Imagination of the Thoughts of our Hearts is naturally apt to be evil, and that continually? Gen. vi. 5. When our own Senses betray us to Sin; and the vain Allurements of the World tempt us to be wicked; and when the Devil, that subtil Adversary of our Souls, walks about like ^{1 Pet. v. 8.} a roaring Lion, seeking to destroy us; alas! the most, and the best that we can do, is but too too little; and yet how often do we lay open ourselves to the Tempter? Is not he apt to draw away the Affections of our Hearts, even in our Devotions and Prayers? And, if we can't set ourselves to watch

watch one hour, but the Devil will have a share even in that, if our Thoughts will fall forth from under the strictest Guards, and thousands of vain and foreign things will glance thro' our Souls, when we are upon our Knees before Almighty God; if this be true (and I wish we did not all know it to be so) then with what Jealousy should we watch over ourselves? How should we search and try our Hearts, *when they are so deceitful above all things, and desperately wicked?* Jer. xvii. 9. Nor should we herein trust to our own Skill and Sincerity only, but pray, with the Psalmist, *Examine me, O Lord, and prove me, try my Reigns and my Heart.* Ps. xxvi. 2.

Secondly, Another Reason why we should examine ourselves, is, Because we are apt to think better of our State than it is; this is a very dangerous and destructive Cheat, that we put upon ourselves; we cry, Peace, Peace; where God cries, no Peace. We may perhaps, sometimes, to satisfy our Consciences, call ourselves to account for this or that Action; and thus we would seem willing to accuse ourselves; but then, by laying part of the Blame upon the Subtilty of the

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the Tempter, part upon the Power of evil Example, and part upon the Frailty and Weakness of corrupt Nature, we so palliate and excuse, so distinguish and extenuate, that at last we make little or no Crime at all on't. Thus do we flatter ourselves, as if in a State of Safety, when we are really the worse for thinking ourselves well.

And this false Judgment, which we thus pass upon ourselves, may probably arise from one of these two Mistakes. Either,

First, We judge of ourselves by others, and think we are good, because we are not so bad as the worst. Now this may have as little Truth, as it has Charity, in it, tho' I doubt it is too common a Mistake. Or else,

Secondly, We judge of ourselves by ourselves; what we are now by what we were some time ago, so that if our Sins are not so many, nor the same, we think ourselves mended, when indeed we are only changed. Therefore, to avoid both these Mistakes, let us try and examine ourselves by the Rule of God's Word; let us, according to the Prophet's Advice, *Is. viii. 20.* have frequent recourse

course to the Law and to the Testimony; which will not account us Innocent, because our Brother is more Guilty; nor less Sinners, when we have only commuted one Sin for another.

Thirdly, A farther Reason of the Necessity of this Duty of Self-Examination is, to know what Ground we go upon; from what Cause, and to what End, all our Actions are done and directed: This is what the Psalmist pray'd for, *Psf. cxxxix. 23. Try me, O God, and seek the ground of my Heart.* For, good and bad Actions are more or less so, according to the Mind and Intention of the Person Acting. Nay; the very same Action, at the same Time and Place, may be both Good and Bad in two Persons, Acting from different Principles: Among other Instances, in the Holy Scripture, of this kind, that of the different Acceptation of the Sacrifice of *Cain* and *Abel*, is very apposite to our present purpose, *Gen. iv. 4.* How did *Abel* offer unto God a more excellent Sacrifice than *Cain*? For ought that appears, *Cain* did not want the external visible parts of a true Sacrifice; such as a due Time, and Place, and Offering, and Priestly Qualifications; but he wanted the in-

internal Preparation of the Heart, a Believing, Thankful, and Pious Soul. Therefore we read, that it was by *Faith that Abel offered unto God a more excellent Sacrifice than Cain; by which he obtained Witness, that he was Righteous, God testifying of his Gifts, Heb. xi. 4.* while Cain, for want of that good inward Disposition and Intention, was rejected with his Sacrifice. 'Tis not, therefore, the outward Appearance of things, tho' never so specious, that is of any Price in the sight of God, but only the Dispositions and Intentions of the Soul; *the hidden Man of the Heart, 1 Pet. iii. 4. If you offer thousands of Rams, and ten thousands of Rivers of Oil, without Justice, Mercy, and Humility, the Lord will not be pleased; Mic. vi. 7, 8.* Nay; the Apostle carries it yet higher, *1 Cor. xiii. 3. Tho' you bestow all your Goods to feed the Poor; yea, tho' you give your Bodies to be burnt, and have not Charity, it is nothing.* Which shews, that a Man may give away all that he has, and not be Charitable; that is, it may not proceed from a true Principle of Love to God or Man: Therefore, we should know the Ground of our Actions; to see, that when our Hands are Charitable, our Hearts may be so too. We must keep our

Hearts with all diligence, while we are doing of Good; because it is a very hard matter to hinder Evil from mixing with Good. The Devil will be throwing in a Thought of popular Applause, vain Ostentation, a Hope of Merit, or something that is Wicked, even into our Charity and Alms-Deeds, and so into any other Duty. This, then, shews the Necessity of the first Duty of the Text. *I thought on my ways.* I come now to the

II. Second General, *viz.* That upon such a Search and Tryal, it is every ones Duty *presently* to amend whatever is amiss in their Hearts and Lives. *I made Haste, &c.* Carelessness and Incogitancy have destroy'd many Souls, I am afraid, as well as open Sin and Profaneness; for there's scarce any Man but acknowledgeth that Repentance is necessary to Pardon, and Pardon necessary to Salvation; and accordingly, frames some kind of general Purposes and Designs, at one time or other, to repent and amend; but then perhaps, thro' Procrastination and Delay, he sinks into the Grave, before he begins his Work.

Now

Now the Folly and Danger of every such Practice, will the better appear from these three Considerations.

I. Every Man that defers his Repentance, puts the eternal Salvation of his Soul upon the utmost Hazard: For, that present time, which is only his, he vainly spends, and trusts to the future, which is none of his, to provide for his Salvation: He makes *this Day* his own, and gives the *Morrow* to the Lord. God says, *to Day*, if you will hear my Voice, harden not your Hearts; but the careless Sinner says, *to Morrow: to Day* I'll please my self; *to Morrow* I'll serve my God. Poor Soul! He knows not what a Day may bring forth: His *to Morrow* may never come; the next Night may close his Eyes with eternal Darkness. With what Face can such a Man pray to God, and commit himself to the keeping of the Almighty, in hopes that God will preserve his Life, till he shall be willing to repent? He is not willing, that Death, Judgment, and Eternity, should find him in an unrepenting State, yet he lives, as if he *was in Covenant with Death, and at an Agreement with Hell.* Is. xxviii. 15. He can, with-

out any Thought, let the Links of the Chain of Time drop silently from him, and be equally unconcern'd for what's past, and what's to come. He lets the Sun rise and set; the Year spring and fall; hears the Passing-Bell, and carries his Neighbour to the Grave, without ever making one serious Reflexion upon his own hastning Death, and approaching Dissolution. So far can the Prince of this World blind and infatuate us, when we wilfully defer and put off our Repentance from time to time! But perhaps, the Man purposes, within himself, when he is come to such an Age, has accomplish'd such a Design, or gotten such an Estate, that then he will retire himself from *this* World, and prepare for *another*. Foolish Creature! Thus to make his eternal Interest depend upon the uncertain Contingency of a long Life! What Assurance has he, that he shall live a Year, a Month, or even a Day longer? Is not he as liable to the Violences of Chance, the Perils of Sicknes, and the Stroke of Death, as they who have been snatch'd away in the Bloom and Strength of their Age, and in the midst of their Projects and Designs?

Let

Let him come, and look down into the Chambers of Death, to see the Footsteps of Men of as hail Bodies, great Hopes, and promising Health, as himself, who daily stumble upon the dark Mountains, and have an eternal, unalterable Abode, allotted to their Souls. And will he yet delay his Repentance? Is it still too soon to begin so great and necessary a Work? Too soon to be in Favour with God, and in a State of Salvation? Or else is this Work too difficult now, and so he waits for a better Opportunity? Let him then consider

II. *Secondly*, That the longer he puts off his Repentance, the more difficult it will still be. *Non progredi, est regredi*, is a known Maxim, and in nothing more true, than in a Man's State, as to another Life; for, herein we can hardly continue in one stay. It would be strange and surprizing to hear a Man say, that he deliberately resolves to go on in his Sins, for so many Months or Years, that he may the better afterwards apply himself to the Service of God; but this does every Man *act*, that delays his Repentance, in hopes that he may hereafter set upon it with better

better Advantage. Sin is of a spreading and penetrating Nature, and is continually rooting itself deeper and deeper into the Souls of those who give it Indulgence and Entertainment. So that he, who is unfit to repent *to Day*, will, 'tis likely, be more unfit *to Morrow*; and so on still more and more, as long as he neglects to set about it. An evil Thought cherish'd and encourag'd, brings forth an evil Action, and an Action often repeated becomes an Habit, and an Habit continued in, grows Natural, which then to root out is next to impossible. Again,

Thirdly and Lastly, Suppose this careless Sinner should, thro' all Hazards and Dangers, (by the infinite Patience of Almighty God) live to that Period of Time, wherein he purposed to provide for his Soul; how does he know, but he may have *then* outliv'd his Reason and Understanding? Some Convulsive Fitt may have shock'd his Senses, and destroy'd his Thought: Or else, how does he know, that God will then give him his Grace and Holy Spirit to repent, (without which, yet, it is no more possible for him to do it, than without the Use of his own Reason) even that God, whom he has so long provok'd

to swear in his Wrath, that he should never enter into his Rest? The Day of God's Patience may be at an end with him, before *that* of his Life; he may withdraw his Grace, and hide his Face from him, and abandon him to the Hardness of his own Heart; and so make good upon him that dreadful Threatning, Prov. i. 24. &c. (a Place that well deserves to be seriously consider'd by all those who are inclin'd to go on in their Sins for the present, in hopes of repenting and amending hereafter) *Because* (says God there) *I have called and ye refused, I have stretched out my Hand, and no Man regarded; But ye have set at naught all my Counsel, and would none of my Reproof: I also will laugh at your Calamity, I will mock when your Fear cometh; When your Fear cometh as Desolation, and your Destruction cometh as a Whirlwind; when Distress and Anguish cometh upon you: Then* (as he goes on) *shall they call upon me, but I will not answer; they shall seek me early, but they shall not find me.* Terrible Words! 'Tis a fearful thing, thus to be forsaken of the Lord in that Day. What would the awaken'd Sinner then give for one of those many Opportunities of returning to God, and making his Peace with him, which he has so sottishly neglected and despised? But alas! 'tis now
too

too late ; he is seal'd up to Condemnation ; he is left to the Terrours of his own enraged Conscience, and the sad Expectations of approaching Wrath. His dearest Friends may mourn over him, but cannot help him. Anon his Strength fails him, his Breath shortens, and Death, inexorable Death, consigns him to the infinite Justice of God, to be for ever excluded from the Glory of Heaven, and to endure an Eternity of Torment and Despair. Now, if there be a Desire in any of your Hearts to avoid such a *Death*, be assur'd, there is no other way to do this, but by avoiding such a *Life*, and by exercising a timely, as well as hearty, Repentance.

Thus I have endeavour'd to illustrate and prove my Two Propositions, *viz.* That often to consider and examine the State of our Souls, is a necessary Duty.

1. Because the natural Bent and Disposition of our Heart is wicked, and Temptations are always present.

2. Because we are apt to think our State better than it is.

3. That

3. That we may know what Ends we propose in all our Actions; Because *a good Action* may have *a bad End*, whereby all the Vertue of it will be destroy'd in the Sight of God.

2dly, That upon such Consideration and Examination, we must *immediately* apply ourselves to amend our Lives.

1. Because the present Time is only ours.

2. Because the longer we delay, the less willing and able we shall be to repent.

3. Because, tho' we should live long, (which we can't promise ourselves) it may please God to take away *our* Strength, or to deny us *his*, either of which to do, is to leave us to infinite Justice, to be punish'd for ever.

What remains now, but that we apply *all* to ourselves?

If, then, frequently to try and examine our Ways, be every Christian's Duty, how guilty are many of us? Nay, When did we faithfully discharge this Work? We account

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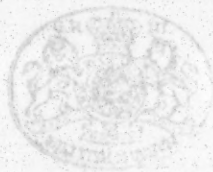
that Man very Careless and Negligent, who is not exact in keeping his Books, and adjusting his Accounts, to know whether he goes forward or backward in his worldly Concerns. But, sure I am, he, that neglects the Accounts of his Soul, that, to the Loss of the Eternal, is only concern'd about the Present Good, that lives without Faith, sins without Sorrow, and dies without Hope, is the much fitter Object both of our Censure and Pity.

It will nothing matter in the other World, whether we have been rich or poor, honourable or mean, respected or despised here; but the everlasting Difference and Distinction will be, betwixt Good and Evil, Religious and Profane, Righteous and Unrighteous. Why, then, all these vain Wishes, fruitless Labours, and endless Cares, to grow Rich and Great? Let it rather be our constant Study and Care, to be Holy and Good, and in order thereto, let us often consider and think on our Ways.

Lastly, Is there such Hazard and Danger in delaying Repentance, as you have heard? Why, then, do we thus trifle in the great and momentous Concern of Eternity? Let us think how fast the Seeds of Death and Corruption

ruption are ripening within us ; how far the Day of Mercy may be spent, and the Night of Darknes may be at hand with any one of us. Let the wonderful Patience of God move us, in that we are yet alive : Let the Worth of our immortal Souls move us : Let the Shortness of our Lives, and the uncertain Time of our Death, move, and effectually prevail with us all, this Moment, to resolve, by the Grace of God, (after the Example set us in the Text) *to turn our Feet to his Testimonies, and to make haste, and not delay, to keep his Commandments.*

Which, that we may all do, God of his infinite Mercy grant, &c.



F I N I S.

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